

# Ask your dentist

## TO SCREEN YOU FOR HIGH BLOOD PRESSURE TODAY

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Brought to you by Maryland Department of Health's Office of Oral Health and the Centers for Chronic Disease Prevention and Control.



### HEART DISEASE

is the leading cause of death in Maryland.



High blood pressure, a major risk factor for heart disease, affects more than one-third of Maryland adults.<sup>1</sup>

It is known as a "silent killer" because there are often no signs to alert you. That's why it is important to get your blood pressure checked often.

### HIGH BLOOD PRESSURE PREVENTION

STARTS WITH

## Your dentist

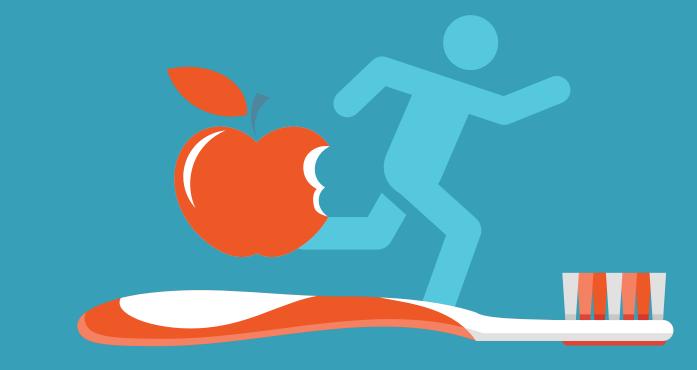


### GET YOUR BLOOD PRESSURE CHECKED

Ask your dentist or dental hygienist to screen you for high blood pressure.

Know your numbers!

A healthy blood pressure number is 120/80.



#### PRACTICE HEALTHY HABITS

Brush twice a day

Visit your dentist regularly

Choose fresh foods low in salt and sugar

Exercise regularly



#### QUIT TOBACCO

If you use tobacco and want to quit, free resources are available through the Maryland Tobacco Quitline.

1-800-QUIT-NOW (1-800-784-8669)

1. Maryland Behavioral Risk Factor Surveillance System, 2013. www.marylandbrfss.org.

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